

# 5 Tips to a Healthier Heart



## Eat a heart-healthy diet

- Aim for 7–10 fist size servings of vegetables and fruit every day
- Choose whole grain foods such as oats, wheat, or brown rice
- Eat protein every day like chicken, fish, tofu, or greek yogurt



## Get Active

- Aim for 150 minutes of moderate to vigorous intensity aerobic exercise like running or cycling per week
- Aim to do strength activities like yoga or climbing stairs at least two times per week



## Quit smoking and limit alcohol use

- Quitting smoking immediately reduces your risk of heart disease
- Alcohol increases your blood pressure and risk of developing heart disease and stroke



## Watch your blood pressure

- Check your blood pressure regularly
- Eat a diet lower in salt and fat by choosing less processed foods
- Manage your stress by taking a break to do something you enjoy like listening to music or meditating



## Monitor your cholesterol

- Cook and eat more meals at home
- Choose polyunsaturated fat (omega 3) such as salmon and nuts
- Avoid trans fats by looking for 'Og of trans fats' on food labels